

# **Will everything stay the way it is?**

A guide to crisis preparation,  
because those who are  
prepared are ready

September 2015

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## **Pre-words for the beginning:**

“Never before has a society been as vulnerable as it is today”. When I read this sentence for the first time, it motivated me and made me curious to look for the background to this statement.

For three years now, in addition to everything else that life has to offer, I have been dealing with emergency preparation. There is a lot of information on this very important topic and to make it easier for everyone who is interested, I have created this letter.

Why is this area very important? We humans see ourselves as the “men and women” of this world, but we are very sensitive if we only have to rely on our hands and feet. For example, three days without water are enough and it will be life-threatening for us.

This guide to crisis preparedness is a compilation of many different sources of information; be it books, magazines, notebooks, videos and also from personal experience, all of which have to do with the topic of crisis prevention or emergency care. I tried to filter out the essence of the information and present it simply.

It's not about painting “black” but seeing things as they are. The guideline is intended to show ways in which we can remain capable of acting, autonomous and free with little effort, even in difficult and challenging life situations. Who wouldn't want to be that?

Mental attitude and flexibility as well as your own will and ability to act are the key to successfully surviving an emergency.

These guidelines show the status of my current knowledge and should not be considered exhaustive.

I thank everyone who inspired me to study this topic and write the guide; especially my heart connection, because without her I wouldn't have taken the time to write.

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## Introduction

There has been no war in classical Europe for 70 years. This has never happened in this part of the world for two thousand years; think, for example, of the 116 Years war between England and France or the 30 Years' War in the 16th century.

Homo sapiens settled down around 12,000 years ago and since then they have endeavored to stock up on important things for emergencies, without which many people would not have survived the winter, for example.

For perhaps 40 - 50 years, today's society in our latitudes has experienced an immeasurable wealth and everything is available at any time. A disadvantage of this supply is that we take it for granted that we always have access to everything the senses desire. This is probably one of the reasons why our society has slowly stopped putting on water, food, autonomous light sources, etc.

We have access to food, beverages, financial resources and an abundance of goods anytime, anywhere. Who has ever thought about what it takes to be able to buy a kiwi or some other food item at the Coop? It is an incredible combination of many conditions that bring us this wealth; but if one condition falls away, we are faced with an empty shelf.

Furthermore, I have often noticed that more and more people only pay with their bank card and no longer carry any cash with them. What if the card reader fails or the banks block access to the ATM, which has not been the case in Greece for a long time?

In the past the saying: "He lives from hand to mouth" was a sign of poverty. In the modern world, the statement means that we no longer need supplies at home, because we can meet our wishes and needs at any time. But this modern interpretation of this point of view will very quickly catapult us into poverty should an emergency arise. Nobody can really say when that will be, but it should be clear to many that it will be.

The Federal Office for Civil Protection has examined 33 threats for their likelihood and possible damage potential. The greatest risks in Switzerland in the coming years are seen in a severe electricity shortage or in a pandemic, which could be very unpleasant. A severe power shortage means a power failure lasting several weeks; what we have not known in our society for a few decades. Let's imagine a week in winter without electricity ... rather not and yet it is possible.

Switzerland is very dependent on a wide variety of deliveries from abroad. A report in the NZZ maybe two years ago showed that Switzerland could only feed around 50% of the population with its own resources. Half of the population, four million people, would then have nothing to eat?! A very uncomfortable idea or not?

Anyone who follows world events sees different areas in which crises can arise everywhere, and crises often come unannounced and very quickly. Political unrest, civil wars, chaos in the financial sector, a real estate bubble or strong natural events are a few areas that can be found in the newspaper practically every day.

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Just thinking about the big crises could lead to us saying: "That doesn't apply to me! I live in rich, safe Switzerland. "But I'm sure we all know personal experiences that show us that not everything always stays as we are used to.

My motivation to create this short guide is that all interested parties can use the information given to stock up on various areas in the period of prosperity. Whoever loses their freedom and autonomy is dependent and who would like to be?

Finally, let's look back 100 years in our history and we will discover enough "unpleasant things" that people have experienced here and from which we could learn; but it seems that Winston Churchill's saying is true:

**People occasionally stumble upon a truth, but most of them get up and walk on as if nothing had happened.**

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## **Indoor**

If we can stay at home during a crisis situation, the following points are recommended, which I will briefly describe here. In the appendix there are also various lists that briefly name everything according to priority.

### **Water:**

We can only survive about 3 days without drinking water! This shows the importance of this element. For us, the water supply has become a matter of course and even in a dry summer like 2015, which invites you to be careful with water, you can see how people are reluctant to do without.

In the event of a longer power failure, technical defects, a line break, prolonged dryness or attacks, it is very possible that our tap water will fail.

Different quantities can be found for emergency provision; The minimum is two liters of drinking water per day, another liter for cooking and two liters for hygiene. And the whole thing for a week, if not more! Because nothing works without water. Water in glass bottles can be safely stored for two years. Water in pet bottles a little less and I store this water for cooking and hygiene. You can also fill canisters with tap water, but this should be used up in a few weeks. A longer holding time is achieved with Micropur; the application is problem-free and the water is then good for about 6 months. It is probably easiest if you simply stock up on a little more water every time you go shopping and after a few weeks you will have the number of liters in the basement. A filter or a filter system that is mounted either on the house distributor or on the main tap and thus ensures good water quality also appears useful.

For an effective water supply, it makes a lot of sense to get a mobile water filter. This can be used to filter water from rain barrels or flowing waters. It is important to remember to obtain suitable canisters (folding canisters) with a capacity of approx. 10 liters. Please add Micropur to the filtered water; what we mainly find in outdoor shops. It is advisable to keep a few of the folding canisters in stock depending on your household.

It is also important to have the ability to boil the water. See the next point.

### **Fire:**

We have to be able to make a fire. There are many ways to do this, and it is very good to have a few options: matches (waterproof matches are also advantageous), tinder, flint, gas lighters with refill bottles, disposable lighters, etc. A small supply of wood is always helpful if all other sources dry up. There are many offers for an electricity-free fireplace, e.g. a gas-powered camping stove and it is very advisable to stock up on gas here for one to two months.

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**Food:**

We can live without food for about three weeks before we get into a life-threatening state. A fireplace is also important for this point. There is the short-term supply of food that we normally stock up on (vegetables, lettuce, fruits, meat, etc.). I'm talking about medium-term and long-term supplies here. With medium-term stocks you get food that you also like to eat, and they usually have a shelf life of a few months to one or two years (rice, pasta, oil, dried fruit, canned food, etc.). There are different offers on the market for long-term stocks, i.e., foods with a shelf life of more than 3 years. These foods have been specially processed and packaged; therefore, some of them last over 20-25 years! The product NRG-5 or BP-5 is used for worldwide use in crisis areas. A package of these "bars" provides around 2300 calories and is intended for the quick intake of food.

Grain is given special attention in the context of emergency supplies. They have a long shelf life and are very nourishing. If you grind the grain with a grain mill and grind it, for example, then we have a filling meal within a very short time. Grain mills are available in various designs; A hand-operated grinder is definitely useful for emergency precautions.

There are different indications for how long you should have supplies at home for. The Swiss and German Civil Protection recommends that you have a stock of two weeks available. However, many other sources recommend that we have at least three months' supply. This is because the use of relief supplies takes time and there is no gap in the supply. Even two days without eating or drinking are no fun and will lead to a lot of stress, which can then manifest itself in unsightly reactions (e.g., looting).

The most independent way of supplying yourself with food is in your own garden behind the house or in the allotment garden. Since not everyone has it, a raised bed on the balcony can help. These are easy to build (for example with a pallet frame) and deliver vegetables after a short time. But nothing works here without seeds and these can be obtained in the appropriate garden centers. There are also various seed packets available for inexperienced gardeners with instructions and plans on when to plant which vegetables. There are seed packet offers that have a shelf life of up to 15 years.

Planting potatoes yourself is very easy with the appropriate potato sacks. These can be found on every balcony and you will soon be eating your own potatoes.

Here, too, it is easiest to buy an extra pack of pasta or rice when you go shopping regularly. There are many checklists; these facilitate the overview.

**Body and psyche, health, hygiene:**

If we keep our body as fit as possible, we can build on it in a time of crisis and it will not become an additional obstacle. By this I mean, for example, that if we are subject to various addictions such as smoking, coffee, alcohol, medication or drugs, we will also find ourselves in need in times of crisis.

In difficult conditions we have to keep our senses and our ability to make decisions clear and we all know how much the addictive substances cloud our view. It is also advisable to take some care of your physical fitness; The easiest way to do this is by jogging regularly.

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The best physical fitness is of no use if our psyche is full of fear, worries, discouragement and blockages in an upcoming stressful situation. There are different ways in which we can maintain our ability to act and make decisions in difficult times. For example, through a self-defense course (I recommend Krav Maga), which gives us inner security and strength. It is also very good to work directly with the mind through mindfulness meditation. It has been scientifically proven that meditators react to external influences far less stressed than inexperienced people.

A first aid kit should be in every household; there are many products on the market here. Anti-inflammatory drugs such as pain relievers are useful for this. It makes a lot of sense to have the medicines you need in stock. An important component are bandages and ointments for cuts and burns. What also seems sensible is that you have a multivitamin and mineral preparation that provides the body with the substances it needs.

The point of hygiene is not to be neglected, many diseases disappeared when first the doctors and then also society began to wash their hands. In the event of a power failure, the toilet may no longer be flushed. This is uncomfortable, but there are alternatives. I think the easiest is to get a 10 liter kettle and matching waterproof pack sacks. The container should be large and stable enough that you can sit on it. The pack sacks are tied up after using the toilet and disposed of outside. Special hygiene bags that absorb all liquids completely and are odorless are highly recommended. These special bags are 100% degradable and can easily be buried anywhere.

In the case of flu waves, or worse, a pandemic like Ebola, respiratory masks are essential. There are, for example, virus masks that work against viruses, bacteria, toxic and highly toxic substances, and carcinogenic and radioactive substances. The normal products that are available in all pharmacies are minimal (a pack of 50 items costs a few CHF or euros).

#### **Tool tools:**

If we can stay at home, there is sure to be a small toolbox with tools in every household. A multitool like a good knife is definitely the minimum. There are many offers on the market here. You shouldn't skimp on the knife, as it can be useful for many things. The personal living situation defines which tools are useful and meaningful. There is a lot of information and tips in the recommended books.

#### **Cooking set:**

As already mentioned under water and food, it makes sense to be able to cook a warm meal even in the event of a power failure by means of a camping stove and gas available, for example. What is very important that we have the opportunity to boil water. A good and simple variant is to buy a hobo stove. Double-walled hobo stoves, for example, require just 30 grams of wood to bring one liter of water to a boil.

#### **Communication:**

In order to be able to hear the latest instructions and messages from the rescue services in the event of a power failure, it is necessary to purchase a radio (for example a world receiver). Such devices can be operated using solar energy or a crank.

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In a crisis, communication among family and friends is very important and helps avoid stress. In the event of a power failure, this will no longer be so easy, since most people only make calls via the Internet or cell phones; and both require electricity. The famous walkie talkie can make sense here to exchange ideas with loved ones who do not live in the same house. The walkie talkies need batteries, and these should be kept in stock. The walkie talkies have different products with different ranges. The personal situation decides which devices you get.

### **Light:**

We are used to turning night into day and have many light sources at home. If these cease to exist, we can help out with various means. The easiest thing is for sure candles that can be stored for a long time and easily. Then there are wonderful crank lamps that light up after just a few turns of the crank. Kerosene lamps even add a touch of romance, which is definitely good in difficult times. Here you should have the necessary need for replacement wicks and lamp oil. Flashlights and headlamps are also very useful. Above all, the headlamp should be considered, as you have free hands here. A power outage always comes unexpectedly and therefore it is very wise if at least the flashlights and headlamps are deposited in an accessible place (for example in the hallway).

### **Electricity:**

There are different methods of generating electricity. For example, power boxes can be charged using solar pens, which in turn feed battery chargers or other devices that can be connected via USB or miniUSB. It makes sense to buy devices that have the same batteries (AA and / or AAA). It is of no use if the technical devices have different batteries or accus that cannot be replaced or charged. In the warehouse you should keep 10 times the amount of batteries as there are flashlights in the devices. A mix between acus and disposable batteries has proven itself.

Small diesel engines are also available from retailers and can provide electricity in an emergency. Anyone who has space and options would do well to stock up here.

### **Heat source:**

In many books and guides this point is not really mentioned. In winter it is important to have a place of warmth. If the normal heating fails in winter, then a day in the cold is one day too many. Anyone who has a Swedish stove or a fireplace at home and also has wood in stock is covered. But many do not have this option and a fuel stove, for example, is an inexpensive alternative. These generate astonishing warmth in a short time and some of them also serve as hotplates. A particularly good option for city apartments is heating with tea lights. These are placed in a metal rail with a cover and yet deliver heat to an entire room surprisingly quickly.

### **Miscellaneous:**

Due to the fact that we all always have a cell phone with us, many people no longer wear a watch.

If the power fails and various information, such as the time, is no longer available via the mobile phone, then a reliable waterproof watch is very useful. If the watch is battery operated, obtain a replacement battery.

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If the electricity fails in winter and many heating systems no longer work, many will probably turn to wood or coal and, for example, use a grill to get warmth. The risk of fire increases considerably here and a fire extinguisher and fire blanket are therefore essential. A CO detector would also be very good, because if the carbon dioxide in the room has reached a certain amount, then there is a danger to life.

Since we are in the event of a fire: It makes sense to purchase a fire-proof storage facility for cash and important documents or to store copies externally in a bank safe, for example.

**Neighborhood help:**

Switzerland is a humanistic country and a crisis often welds people together. But in the last few decades a great deal of anonymity has crept in, as has a mixture of very differently functioning mentalities. Depending on the living situation, such as a community of floor owners, it is always advisable to talk to the co-owners about crisis prevention so that everyone in the house can stock up on the minimum. Everyone is ultimately responsible for preparing for an emergency and thus protecting their environment. A power failure lasting several days can quickly lead to chaos in Switzerland and it is advisable to take measures here as well.

**Financial capacity to act:**

When our money was backed by gold, the money was secured with a value cover. From 1999, Switzerland also broke this connection. Money thus no longer has any intrinsic value but only serves as a means of payment; the value of money is in people's minds. In addition, practically all countries are under a large debt burden, see for example Greece. Or let's take Italy with a mountain of debt of over 2 trillion euros! It is only a matter of time before a haircut or currency reform will take place. Who then suffers from it is the common citizen. A currency reform will bring great uncertainty for a certain period of time, so it is good to prepare well. In the opinion of many experts, the question is not whether there will be another major financial crisis at all, it is just a question of when.

But here, too, it is not necessary to just keep an eye on the great chaos in order to deal with the topic. Let's imagine we have made a bulk purchase and are standing in front of the cash register and then discover that our bank card is no longer working. If you then have cash at home, you are on the better side. So in order to maintain solvency it is useful to have a certain amount of cash; The recommended amount is one month's wages. To be secure in the event of a currency reform, it is good to stock up on silver coins and small amounts of gold. These would probably serve as a means of payment in a crisis, because silver and gold have been seen as valuable since time immemorial. What has been written is not about increasing wealth but about securing wealth.

How do you hide money, silver coins or gold coins at home? There is no limit to the imagination here. For example, there are fake cola cans or vegetable cans or fake books in which you can hide the money. In any case, it is good to distribute the valuables a little and then to remember this. If you have a safe, you can deposit some money here so that a possible burglar can stop looking.

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## ***Self protection / home protection***

It goes without saying that the laws and regulations in the respective home country must be observed. I am naming a topic on which there are very different attitudes and there will always be discussions. Anyone who cares about world events quickly realizes that people don't just go around the world "giving flowers". In Switzerland, too, violent crimes have risen sharply in recent years and unfortunately there is an increasing propensity for violence. What I am listing here is certainly not exhaustive and is also not considered a yardstick. I have discussed the listing with experts, experienced it myself and read or seen a lot of information.

Knowing about protective methods in a conflict and being trained in them gives way to shock, powerlessness, giving up control, being overwhelmed, etc. Two notable points are important to me:

On the one hand, de-escalation (if possible) is definitely the best way to prevent violence, see [www.yourpower.ch](http://www.yourpower.ch) so: You shouldn't play "Rambo". On the other hand, a naive, too liberal view and action is life-threatening; So: Take off your nose for rose-colored glasses that only want to see the good.

If you remain able to act and act without fear of consequences, then every knife or stick serves as a weapon. As mentioned above, I recommend a course in Krav Maga, because here you learn to defend yourself effectively and strengthen your ability to act. Since we no longer live spontaneously active behavior in our society, it is good to train yourself with mindfulness training.

### **Burglary / theft protection:**

In recent years, statistics have shown that more and more break-ins and more and more theft are taking place. It is no longer individual "bad guys" but whole organized gangs who use all kinds of tricks, a lot of experience and ruthlessness. The idea that a break-in only takes place at night should be dropped long ago. If we keep the aptly timed statement, "Opportunity Creates Thieves," in mind, we will know what we can do.

There are many ways to protect your own house or apartment with security measures; be it through a burglar-proof entrance door or motion detector in the garden. It should be noted here that if there is a longer power outage, some of the safety measures no longer work. So it is wise to equip yourself with high quality headlights and flashlights.

It is best to seek advice from the police about all aspects of burglary / theft protection.

### **Pepper spray:**

Probably the best and easiest way to defend yourself on the street. There are pepper sprays with different modes of action and in different price categories. It is definitely advisable to familiarize yourself with the pepper spray. From my point of view, the Guardian Angel, a Swiss product, is quite good. Unfortunately, it is relatively large and therefore does not fit in a pocket everywhere. Another Swiss product is the Jet Protector JPX. This shoots the charge out of the cannula at a speed of 400 km / h and is very effective. This can be worn in Germany, but not in Switzerland. In contrast, the classic small sprays can be stowed anywhere and can be carried.

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Here you should choose a product that has a gel effect and thus occupies the aggressor longer. There are also pepper sprays in larger bottles that can be used multiple times.

### **Slingshots:**

A slingshot, used with steel balls, is a very effective way of keeping someone at bay. There are various offers on the market from the simple little slingshot for children to the ultimate weapon of a survival slingshot. If you watch Jörg Sprave's videos on Youtube, you will get an impression of how powerful a slingshot can be. The disadvantage is clearly the relatively slow operation.

### **Electric shock devices:**

These are used more and more by the police and they show good results. Anyone who receives a blow from an electric shock device remains calm for the time being. A big disadvantage for me is that the contact has to take place very close. You have to be very experienced with an electric shock device in order to be able to use it effectively and not harm yourself.

### **Crossbow:**

A crossbow is also an effective weapon when used correctly. There are different models here, from hand crossbows to sports crossbows to combat crossbows. Using a compound crossbow, for example, you can shoot with 8mm steel balls and, depending on the model, hit safely over 25 m. If you use the classic arrows with such a crossbow, ranges of up to 100m are possible. A big advantage of the crossbow is that it can shoot silently. The big disadvantage is the rather slow reloading.

### **OSA PB-4-2**

The manufacturer OSA offers different models. The OSA PB-4-2 is a very compact, non-lethal weapon that was developed in Russia. Thanks to the electronic functionality, the weapon is very easy to use and conventional ammunition cannot be used. The OSA weapon does not have to be unlocked and cocked; you can shoot directly at the target. The ammunition used are rubber bullets, stun grenades, signals and pepper gel. The attacker is effectively incapacitated by these projectiles. Unfortunately, however, the OSA in Switzerland requires a weapons acquisition license.

### **Revolver / Colt:**

There are many offers on the market here and some of them are quite inexpensive. The advantage lies in the operation, the reliability and, depending on the size, the low weight. A small-caliber revolver fitted with man-stop ammunition is a good home defense weapon.

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**Pistol: Glock 17, 9mm**

There are so many pistols in the gun market and preferences vary greatly. The Glock 17 has a few advantages: It is very easy to use and clean. In contrast to other pistols, it is also rather light in weight. The magazine holds 17 rounds, which is a lot and is unique. The Glock 17 is not used by many police and security forces for nothing because of its advantages. The Glock 17 can also be equipped with a 33 round magazine and there are various devices with which the Glock becomes a "submachine gun" (for example using the Roni system). If we also use optics, then we can shoot accurately from a long distance (up to 100m). But that's not all: The Glock can be equipped with a serial fire attachment, which is not permitted in Switzerland.

**Pump action:**

After consultation with professionals, the pump-action is the best and most effective home defense weapon. But only if you feel able to act. If you are too nervous or fearful in an emergency, this weapon may not be suitable. It is important to unlock and cock. The pump action can be loaded with plastic ammunition, which serves as a man stopper. In Switzerland there are few shooting ranges where you can shoot with weapons other than ordonnance weapons. Anyone who does not want to or cannot spend so much time practicing is well advised to use a Mossberg pump action, because they are easy to operate and unlock, which can be helpful in a dangerous situation.

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## **Outdoor**

A strong environmental impact, a radioactive or chemical accident or political unrest can put us in the situation of having to leave our house or apartment. First and foremost, the instructions of the rescue services and the police must be followed. It goes without saying that a lot of stress arises in such a situation. Here, too, we can remain capable of acting by means of well-considered measures in order to be a support to others.

What do we take with us in order to have as little as possible but still have the most important things with us? Asking yourself these questions in a rather stressful state will very likely result in us making the wrong choices.

It also depends on what the reason for leaving your own living space is and where the "journey" is going. If we are instructed by the rescue workers to go to a safe place, such as a large gym or rescue tents, then the focus of what is to be taken with us is slightly different than if we are looking for safety in a remote location. In the latter case, it is good to get together with friends and evaluate a place of escape.

We can use some of the items that we stocked up on for the indoor emergency supply, such as flashlights, headlamps, water, water filters, emergency food, knives, tool tools, etc.

My list is intended as a guide and is certainly not exhaustive. It is very important in the outdoor case that we take care of heat, because after three hours without enough heat we will be hypothermic, and this is very dangerous.

### **Escape backpack:**

Fortunately, we live in Switzerland and there is sure to be at least one backpack in every household. This turns out to be the better choice than a suitcase when leaving the living room, for example, because you have your hands free with a backpack. The backpack should be big enough so that you can take equipment with you for several days; I recommend a capacity of at least 50 liters, rather more. It is clear that one backpack should be available for each family member. If we have to leave the house, it will most likely have to be done quickly and the escape backpack should be prepared: a copy of the most important documents, emergency food, a personal first aid kit, headlamps and flashlights, clothes including rain protection, water and water treatment, fire kit, financial resources etc. are important in order to remain autonomous and not to be at the mercy of the situation.

At the end of the guide, there is a checklist that gives you an idea of what you should / should take with you in your backpack. As I said, there is a big difference whether we have to go to a sheltered place or retreat into nature.

Packsacks of different sizes are very good for stowing in the rucksack, for example for technical equipment or our clothing or our food, etc. This way, we have order in our rucksack in all the chaos. This can be very beneficial in stressful situations.

### **Water:**

It is definitely good to have water with you and also a water filter so that you can cater for yourself if necessary. Katadyn has very good water filters, some of which are of a certain size.

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In my opinion, the best product is the small Care Plus water filter, which weighs only a few grams and can filter an infinite amount of water.

**Emergency food:**

As already mentioned, there are NRG-5 bars and outdoor biscuits that can provide valuable calories over the first hunger barriers. It certainly makes sense that there are a few such bars in every backpack. You can also help yourself out very well with dried fruits and nuts. Trek'n Eat offers ready meals that are used outdoors around the world and that are very nutritious and easy to take with you.

Let's assume that the situation makes us want to move further away and withdraw. If we can drive a car, then a large plastic container is very good in which we can store our food and, for example, the cooking set.

Eating utensils with cutlery, water bottle, thermos, cups, etc. are part of the standard equipment.

**Communication:**

Anyone who has already bought a walkie talkie set is best equipped for this emergency. It is very useful to get a small radio to keep up to date. I recommend a radio that can be operated using a crank or solar energy. There are small models here, some of which can also provide electricity for our cell phones.

**First aid kit / hygiene:**

When we leave the house, this piece of equipment becomes even more important. Anti-inflammatory and analgesic drugs should be available. Hygiene is also very important, so a disinfectant is a must and several mouth guards should be available.

**Document folder:**

A very important point that must be observed. We should make copies of our important IDs and documents and have them with us. The originals are to be taken with you when you leave the living room and there are good waterproof folders.

**Finances:**

Cash should also be included, in small bills. These can be stowed in belts or a bag around the neck or in various hiding spots such as fake "drinking bottles". If you have silver coins, you should take them with you and maybe an ounce of gold.

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**Indoor checklist sorted according to a possible prioritization:**

1. Water	Household supplies: drinking (2L / day), cooking (1L / day), hygiene (2 L / day) = 5 liters per day <ul style="list-style-type: none"><li>- Water filters from Katadyn, for example</li><li>- Foldable water cans, rain barrel in the garden</li><li>- Micropur</li><li>- Possibility for boiling</li></ul>
2. Fire	<ul style="list-style-type: none"><li>- Matches</li><li>- tinder</li><li>- Flint</li><li>- Gas lighter and refill bottle</li><li>- Very simple gas lighters</li><li>- Small wood store with small pieces for e.g. hobo stoves</li></ul>
3. Food	<p>Purchase medium-term stock for three months: Rice, pasta, chickpeas, cereals, tins of ready-made meals, canning jars with vegetables and fruits, dried fruits, nuts, sugar, honey, salt, spices, crispbread, canned bread, special personal foods, food for toddlers, food for pets, chocolate, food that can also be enjoyed cold, such as canned fish, meat pies, etc.</p> <p>Get long-term supplies for one to three months: <a href="http://www.sichersatt.ch">www.sichersatt.ch</a> <a href="http://www.notvorrat.ch">www.notvorrat.ch</a> There are already existing monthly packages that have the essentials; or you put together a food package yourself.</p> <p>NRG-5 or BP-5 bars for a safe week = 7 packages</p> <p>Multivitamin / mineral preparations, e.g. from Orthomol</p> <p>Daily requirement of an adult person approx. 2000 kcal / day</p> <p>Raised bed, potato sack and possibly a seed package</p>
4. Health	<ul style="list-style-type: none"><li>- Maintain physical and mental fitness</li><li>- First aid kit -&gt; cuts and burns</li><li>- Hygiene supply including toilet provisions such as toilet paper etc.</li><li>- wet wipes</li><li>- Medication -&gt; personal medication, pain reliever and anti-inflammatory medication, ointment, etc.</li></ul>
5. Tools	Multitool Knife
6. Fireset	Gas stove, camping stove, gas reserve for 2 months, hobo stove in case the gas runs out
7. Communication	World receiver / radio Walkie talkie
8. Light	Flashlights, headlamps, candles, crank lamps, kerosene lamps including lamp oil and replacement wicks
9. Power	Batteries, rechargeable batteries, solar panel with power box, USB and mini USB cables, battery charger, small power generator
10. Homeprotection	Depending on your needs

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**Escape backpack, the content varies depending on the crisis:**

Important documents	ID, passport, tickets, certificates, copies of bank statements, photos of family members, important phone numbers, etc. and everything is best laminated
Water	Water bottles, water container, thermos flask, water filter, micro pure, folded 10 liter water canister for water storage
Emergency food	NRG-5, nuts, dried fruits, chocolate, bars, tea, etc./ For longer stays, long-term emergency food from e.g. Trek'n Eat
Food supplements	Vitamin and mineral compounds eg from Orthomol
Good knife	A strong survival knife
Fire set	Take various options with you
First aid kit, hygiene	Inflammatory and pain relieving medication, personal medication, toiletry bags to hang up and personal contents, including dental care utensils, soaps, disinfectants, wet wipes, ointments, alcohol, glasses and spare glasses, toilet paper, detergents, handkerchiefs, plastic bags, etc.
Multifunctional tool	For example from Victorinox
Headlamp and torch	Including replacement batteries
Radio	Small radio with crank drive and / or solar energy
Financial medium	Cash in hiding (belt hiding place) and in small bills, silver coins and possibly gold, neck pouch or fanny pack for safe storage
Writing utensils and sticky notes	Have a waterproof pen with you
Clothes	Don't take too much with you, but definitely choose good clothing that can withstand a lot and is inconspicuous.
Walkie Talkie	A device for every person in the household
Insulating mat and sleeping bag	
A large hard-wearing and warming blanket	
Self defense opportunities	Pepper spray, electroshock device, knife, telescopic stick
binoculars	
Cooking facilities	Hobo cooker
Dinnerware set, cookware, grill	
Compass, map of the near and far	Evaluate the place of escape in advance with friends
Book for determination of edible plants	It's best to get to know them now
towel	There are very quick drying towels
Tarp or tent including stainless carabiners	Sun and rain protection
Hammock with mosquito protection and rain protection	
Paracord	Safe 10 to 15 meters
Gardening gloves	Healthy hands are extremely important!
Folding saw	

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**Sources / books / links:**

Book recommendations	Perfekte Krisenvorsorge von Gerhard Spannbauer
	Unsere essbaren Wildpflanzen von Beiser, Kosmos Verlag
	Outdoor mit dem Taschenmesser von Felix Immler
	Outdoor Praxis von Rainer Höh
	Field Manual von Matthias Hake
brochures	BWL Empfohlener Notvorrat BWL Ernährungssicherheit – keine Selbstverständlichkeit
Links	<a href="http://www.sichersatt.ch">www.sichersatt.ch</a> <a href="http://www.notvorrat.ch">www.notvorrat.ch</a> <a href="http://www.krisenvorsorge-spannbauer.com">www.krisenvorsorge-spannbauer.com</a> <a href="http://www.transa.ch">www.transa.ch</a> <a href="http://www.odoo.tv">www.odoo.tv</a> <a href="http://www.fluchtrucksack.de">www.fluchtrucksack.de</a> <a href="http://www.wissensmanufaktur.net">www.wissensmanufaktur.net</a> <a href="http://www.yourpower.ch">www.yourpower.ch</a>
There are many videos on these topics on youtube	Look at everything with common sense, e.g. under search criteria: prepper, survival, outdoor, etc.
Checklists	Enter in google for example: checklists emergency supplies (Switzerland or Germany) or checklists escape backpack

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